



# Diabetes Awareness

Over time, complications from diabetes can cause serious health problems, such as heart disease, vision loss and kidney disease. There isn't a cure yet, but healthy lifestyle habits, taking medicine as needed, getting diabetes self-management education, and keeping appointments with your health care team can greatly reduce its impact on your life. Talk to your Employee Assistance Program for help.

## Here when you need us.

Call: 877.527.4742

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